

Meal and Rest Breaks for Minor Employees Under the Age of 16

State	Meal and Rest Breaks
Alabama	30 minutes after five hours
Alaska	30 minutes after five hours ¹
Arizona	
Arkansas	See Footnote 2
California	30-minute meal break after five hours; 10-minute rest period every four hours ³
Colorado	30-minute meal break after five hours; 10-minute rest period every four hours ³
Connecticut	30-minute meal break in a seven and one-half hour shift ^{3, 4}
Delaware	30 minutes after five hours
District of Columbia	See Footnote 5
Florida	30 minutes after four hours
Georgia	
Hawaii	30 minutes after five hours
Idaho	
Illinois	30 minutes after five hours
Indiana	30 minutes in six-hour shift ⁶
Iowa	30 minutes after five hours
Kansas	
Kentucky	30 minutes after five hours
Louisiana	30 minutes after five hours ⁷
Maine	30 minutes every six hours ³
Maryland	30 minutes every five hours
Massachusetts	30-minute meal break after six hours
Michigan	30 minutes after five hours
Minnesota	See Footnote 8
Mississippi	
Missouri	\See Footnote 9
Montana	
Nebraska	See Footnote 10
Nevada	30-minute meal break in an eight-hour shift; 10-minute rest break every four hours ³
New Hampshire	30-minute meal break every five hours ³
New Jersey	30-minute meal break every five hours

New Mexico	
New York	20- to 60-minute meal break ¹¹
North Carolina	30 minutes after five hours
North Dakota	30 minutes after five hours if two or more workers are on duty ³
Ohio	30 minutes after five hours
Oklahoma	30 minutes after five hours; 60 minutes every eight consecutive hours
Oregon	30-minute meal break every five hours; paid 15-minute rest break every four hours
Pennsylvania	30 minutes every five hours
Puerto Rico	60-minute meal break after four hours
Rhode Island	20-minute meal break every six hours ¹²
South Carolina	
South Dakota	
Tennessee	30-minute break in a six-hour or longer shift; break cannot be in first hour of work
Texas	
Utah	10-minute rest break every three hours; 30-minute meal break after five hours
Vermont	
Virginia	30 minutes after five hours
Washington	10-minute rest break every two hours; 30-minute meal break after four hours
West Virginia	30-minute meal break after five hours
Wisconsin	30-minute meal break midway through a shift of six or more hours
Wyoming	

¹ Industry-specific provisions for child labor are available through the Alaska Department of Labor at: <http://labor.state.ak.us/lss/childlaw.htm>.

² Industry-specific provisions for child labor are available through the Arkansas Department of Labor at: http://www.arkansas.gov/labor/divisions/labor_standards_p1.html.

³ Meal and rest break provisions apply to all employees, not just minors.

⁴ Meal break must occur after the first two hours and before the last two hours of a shift.

⁵ Various rest break requirements and work hour limits apply to minors aged 7 and younger in the entertainment industry (D.C. Code Ann. § 32-306).

⁶ Also applies to minors under 18. Minors working six consecutive hours must get at least 30 minutes of rest taken in one or two breaks.

⁷ The work period before a meal break can exceed five hours by up to 15 minutes. The meal period can be up to 15 minutes longer or shorter than a half hour.

⁸ No provisions apply specifically to minors, but state requires employers to grant restroom breaks every four hours and meal breaks to any employee working eight or more consecutive hours.

⁹ Industry-specific provisions for child labor are available through the Missouri Department of Labor and Industrial Relations at: <http://www.dolir.mo.gov/ls/childlabor/>.

¹⁰ No provisions apply specifically to minors, but workers in assembling plants, workshops, or mechanical establishments generally must receive a 30-minute meal break.

¹¹ No provisions apply specifically to minors, but provisions for workers in specific industries are available through the New York Department of Labor at: <http://www.labor.state.ny.us/workerprotection/laborstandards/employer/meals.shtm>.

¹² Meal requirements apply to all employees, not just minors. Meal breaks are not required for workers employed less than six and a half hours on a shift ending by 1 p.m., or for workers employed seven and a half hours on a shift ending by 2 p.m. if they can eat lunch while working.

¹³ Except in street trades or agriculture.